

## **Mayor Dixon Announces Baltimore City's Participation in Active Aging Week**

Baltimore, MD (September 19, 2007)- Mayor Sheila Dixon and the Baltimore City Commission on Aging and Retirement Education (CARE) announced Baltimore City's participation in Active Aging Week.

The International Counsel on Active Aging has designated Active Aging Week as an international annual event which takes place the last week in the month of September, and culminates on October 1<sup>st</sup> (International Day of Older Persons). The objective of Active Aging Week is to give as many older adults as possible the opportunity to experience activities and exercise in a safe, friendly, and fun environment. During the week, various organizations offer a variety of complimentary activities such as exercise or fall prevention classes, educational seminars, access to fitness facilities, health fairs, and community walks.

The City of Baltimore and CARE, in partnership with Baltimore's fourteen senior centers, would like to encourage older adults to use this week as a start to adopting a more active lifestyle. "We as a City want to take time during Active Aging Week to motivate our older adults to become more active in their everyday lives, and live up to the motto that, 'An active senior is a healthy senior' ", said Mayor Dixon. Set aside time to visit local senior centers and participate in their daily activities, create a walking team, or plan an outdoor activity with loved ones.

According to CARE's Executive Director John P. Stewart, "Active Aging Week reiterates to us the importance of maintaining an active lifestyle at any age. We want to encourage activity to our older adults because we don't stop doing things when we get old; we get old when we stop doing things".

Questions about Active Aging Week can be directed to CARE's Public Information Officer, Amira Garner at (410) 963-5301 or [amira.garner@baltimorecity.gov](mailto:amira.garner@baltimorecity.gov)

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